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INControl *Diabetes*

DIABETES PREVENTION AND CONTROL PROGRAM MISSION:

TO REDUCE THE BURDEN OF DIABETES IN INDIANA THROUGH DATA SURVEILLANCE, HEALTH COMMUNICATIONS, HEALTHY SYSTEMS DEVELOPMENT, AND DEVELOPMENT AND IMPLEMENTATION OF COMMUNITY INTERVENTIONS AND PROGRAMS.

Diabetes & — *“Cardiovascular Health”*



“Heart disease is the leading cause of death in the U.S. and Indiana.”

Many of us have heard this statement so often, that we forget to ask — **who is at risk?**

“Two out of three adults with diabetes die from stroke or heart disease.”

Many with Type 2 diabetes are so overwhelmed with complications, they forget to ask — **what can I do?**

The above statements reflect the profound relationship between diabetes and heart disease. Although there are many complications for those with diabetes, heart disease is one with considerable impact. Adults with diabetes are two to four times more likely to have heart disease or suffer a stroke than those without diabetes. Diabetes alone is a serious risk factor for heart disease, but when combined with other risk factors, diabetes raises the risk of heart disease or further complications of heart disease.

According to the National Heart Lung and Blood Institute, compared to people who don't have diabetes, people who do have the disease are



Continued on page 6

NDEP HealthSense Online Resources

Diabetes HealthSense

Change
begins with
just one step.

Find resources
for living well ▶

Live well. Eat healthy. Be active. *It's not easy, but it's worth it.*

If you have diabetes or at risk for diabetes—

If you are a family member, community worker, or healthcare provider —

HealthSense provides easy access to resources that include:

*Coping & Stress Management, Being Physically Active,
Eating Healthy, Managing Your Weight*

<http://www.ndep.nih.gov/resources/diabetes-healthsense/?redirect=true>



Indiana State
Department of Health

CDC's Healthy Communities Program

CREATING A CULTURE OF HEALTHY LIVING



DISCOVER THE LEADERSHIP CHALLENGE

National Center for Chronic Disease Prevention and Health Promotion
Division of Adult and Community Health



“Discover the Leadership Challenge”

CDC's Healthy Communities Program helps funded communities prevent chronic diseases by building community capacity—commitment, resources, and skills—to develop and implement policy, systems, and environmental change strategies that will reduce health risk factors and support health attaining health equity.

This brochure, written for decision makers, presents health and financial reasons for supporting the healthy communities' movement.

It also outlines the steps national and state programs, as well as other leaders (national, state, local level), can take to ensure that these efforts take root and are nourished in community settings.

To learn more on healthy communities & view this publication:

<http://www.cdc.gov/healthycommunitiesprogram/communities/index.htm>



The Y Wins HHS Healthy Living Innovation Awards

YMCA of the USA was recently selected as a winner of the U.S. Department of Health and Human Services' Healthy Living Innovation Awards, which highlights innovative health promotion projects that focus on wellness, prevention and healthy living and have demonstrated a significant impact on the health of the community within the past three years. The Y won the Faith-Based and/or Community Initiatives category for the dissemination model of the YMCA's Diabetes Prevention Program, an innovative behavior change model that helps to reduce the burden of diabetes and other chronic diseases in communities across the nation.

“It's an honor to be recognized with this prestigious award,” says Neil Nicoll, president and chief executive officer of YMCA of the USA. “We need to stop the spread of chronic diseases like type 2 diabetes, cancer and obesity that undermine the well-being of too many Americans and place added stress on our healthcare system. The Y's commitment to healthy living, experience helping individuals achieve greater well-being and network reaching into 10,000 communities make us uniquely qualified to improve the nation's health.”

The program is based on research led by the National Institutes of Health and supported by CDC which showed that by eating healthier, increasing physical activity and losing a modest amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by more than half.

Researchers at Indiana University School of Medicine were able to replicate the successful results of the national Diabetes Prevention Program in conjunction with the YMCA of Greater Indianapolis in a group setting.

To view the Y-USA press release: <http://ymca.net/news-releases/20110725-Healthy-Living-Innovation-Award.html>

To learn more about Y-DPP: <http://ymca.net/diabetes-prevention/>



Heart

“Bringing New to our **Diabetes** Efforts”

The **Diabetes Prevention & Control Program** has been actively involved in reducing the burden of diabetes in Indiana since its formation. As the Indiana State Department of Health Division of Chronic Disease Prevention & Control restructures into three “Sections”, we are excited to announce that the Diabetes Prevention & Control Program will expand to encompass the area of cardiovascular health beginning Sept. 1, 2011.

Our new CDPC division will be the “**Diabetes/Cardiovascular Health Section.**”

This presents the **Indiana Diabetes Advisory Council** with an equally exciting chance to enter their future more independently. The IDAC will be taking this opportunity to reorganize into the

Diabetes/Cardiovascular Health Coalition.

A Coalition is open to operate in areas of advocacy, marketing, outreach and funding previously limited by Council status. This will enable the members to make a broader, greater impact on improving the burden of diabetes and cardiovascular health in Indiana.

Are you interested in learning more about:

- The Diabetes/Cardiovascular Health Coalition?
- Being a part of the Diabetes/Cardiovascular Health Coalition transition team?
- Inviting a partner with a vested interest in cardiovascular health to the Coalition?

For more information :

<http://www.in.gov/isdh/19709.htm>

or call 317-233-7755



**Better Choices,
Better Health™**

An online self-management workshop for people with ongoing health conditions

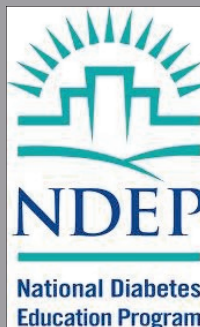
- Get the support you need
- Find ways to better manage pain, fatigue, & stress
- Discover nutrition & exercise choices
- Understand new treatment options
- Learn ways to talk to your doctor and family about your health

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, a Better Choices, Better Health Workshop can help you get back in charge of your life.

6 WEEKS OF FREE ONLINE INTERACTIVE WORKSHOPS To “PUT LIFE BACK IN YOUR LIFE”

<https://selfmanage.org/BetterHealth/SignUp?>

[utm_source=partners&utm_medium=widget&utm_campaign=widget_BC_BHButton](https://selfmanage.org/BetterHealth/SignUp?utm_source=partners&utm_medium=widget&utm_campaign=widget_BC_BHButton)



November 2011

National Diabetes Awareness Month

&

*NDEP wants to assist
in efforts to promote
Diabetes Awareness*

This year's focus will be “helping people
take action to make lifestyle changes”
those with diabetes & those at-risk

*Many people know what to do—but how to
do it can be challenging!*

For more promotion materials:

<http://www.ndep.nih.gov/partners-community-organization/index.aspx>



2010 State Snapshots

The State Snapshots provide State-specific health care quality information, including strengths, weaknesses, and opportunities for improvement. The goal is to help State officials and their public- and private-sector partners better understand health care quality and disparities in their State.

State-level information used to create the State Snapshots is based on data collected for the [National Healthcare Quality Report](#) (NHQR).

For more information on Indiana Health Care Quality:

<http://statesnapshots.ahrq.gov/snaps10/index.jsp>



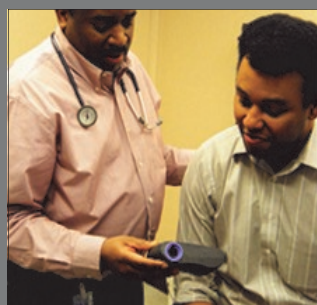
The National Association of County & City Health Officials (NACCHO) is the national organization representing local health departments. It supports efforts that protect and improve the health of all people and all communities by promoting national policy, developing resources and programs, seeking health equity, and supporting effective local public health practice and systems.

From 1980 to 2008, the number of people with diabetes has more than tripled (from 5.6 million to 18.1 million). In addition to the 18.1 million Americans diagnosed with diabetes, it is estimated that 5.7 million Americans suffer from undiagnosed diabetes and 57 million American adults have prediabetes.

Accordingly, public health agencies, including local health departments (LHDs) are playing an expanded role in chronic disease prevention and control, in addition to their traditional role in infectious disease prevention.

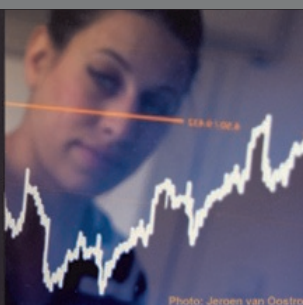
To read the entire article on Local Health Departments' Response to the Diabetes Epidemic:

<http://www.naccho.org/topics/HPDP/diabetes/loader>



Quality Improvement

Encourage innovation to drive healthcare quality



Health Resources and Services Administration

launches Quality Improvement website

bringing together QI resources and information from HRSA's federal and nonfederal partners.

For more information on:

- QI news
- QI tools and resources
- HRSA's breakthrough collaborative
- HRSA's partners and community organization leaders in QI
- Meaningful Use Stage 1 Clinical Quality Measures for the Safety Net webpage
- HRSA QI grantee spotlight

Link: <http://www.hrsa.gov/quality/index.html>

September is

CHOLESTEROL EDUCATION MONTH



For people with diabetes having an abnormal cholesterol level can be a risk for heart disease or stroke. Recent articles have noted that “triglycerides” should be of great interest to people with diabetes.

So, what should I know about LDLs, HDLs, and triglycerides?

- LDL cholesterol can build up inside your blood vessels, leading to narrowing and hardening of your arteries-the blood vessels that carry blood from the heart to the rest of the body. Arteries can then become blocked. Therefore, high levels of LDL cholesterol raise your risk of getting heart disease.
- Triglycerides are another type of blood fat that can raise your risk of heart disease when the levels are high.
- HDL (good) cholesterol removes deposits from inside your blood vessels and takes them to the liver for removal. Low levels of HDL cholesterol increase your risk for heart disease.

The combination of high triglycerides, low HDL and central obesity are the hallmarks of the metabolic syndrome, which occurs in 80 percent of people with type 2 diabetes.

To read DiabetesHealth “Type 2 Diabetes & Triglycerides” article

<http://www.diabeteshealth.com/read/2005/06/01/4294/type-2-diabetes-and-triglycerides>

For more information and tools to promote Cholesterol Education Month from the CDC and NHLBI

<http://www.cdc.gov/Features/CholesterolAwareness/>

<http://hp2010.nhlbi.nih.net/cholmonth/>

For more information on healthy lifestyle: <http://www.choosemyplate.gov/> - <http://www.inshapeindiana.org/>

Diabetes & Tobacco Health Care Provider Toolkit

**This project is a collaborative effort of the
Indiana Diabetes Prevention and Control Program
& the Indiana Tobacco Prevention & Cessation.**

Guidelines, resources, and referral information for Indiana health care professionals are included to help treat tobacco use and dependence in patients who are diagnosed with or considered at high-risk for developing diabetes in the future.

**TO DOWNLOAD THE
COMPLETE TOOLKIT:**
www.diabetes.in.gov



Help your patients QUIT NOW
www.indianatobaccoquitline.net

more likely to:

- Have heart attacks and other heart and blood vessel diseases. In men, the risk is double; in women, the risk is triple.
- Have more complications after a heart attack, such as angina and heart failure.
- Die from heart disease.

A further concern is Type 2 diabetes raises the risk of having heart diseases without any symptoms. This “silent” heart disease is related to the diabetes nerve damage that blunts heart pain and the warning signs of a heart attack to go unnoticed.

As well as, being risk factors for one another, there are many common risk factors diabetes and cardiovascular disease share. Some of those factors are physical inactivity, high cholesterol, high blood pressure, obesity and smoking.

People with diabetes can attempt to control the following to prevent complications.

- Manage their blood glucose (sugar)
- Maintain a blood pressure of less than 130/80 mmHg
- Keep cholesterol levels in a healthy range (LDL, HDL, triglycerides)
- Maintain a healthy weight by eating a healthy diet
- Be physically active for 30-60 minutes most days of the week
- Get routine care by your health care team
- If applicable, seek help to stop smoking—

[Indiana QUITLINE](#)

For more information on diabetes and heart disease from the National Heart Lung and Blood Institute:

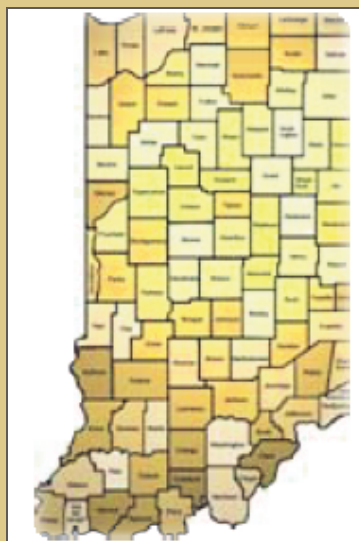
http://www.nhlbi.nih.gov/health/dci/Diseases/dhd/dhd_what1s.html or from the National Diabetes Education Program: <http://www.ndep.nih.gov/>



Diabetes, Cardiovascular Disease, and Indiana's Public Health

In the realm of public health, the need to address cardiovascular health and diabetes has become evident. Last year, the Indiana State Department of Health formed a cardiovascular team to assess the number of Hoosiers effected by heart disease, stroke, and high blood pressure. A fact sheet was created to reflect the findings and a burden report is in development. Please view the fact sheet at: http://www.in.gov/isdh/files/CVD_fs12-24-10_2.pdf.

As we continue into the future, the Division of Chronic Disease Prevention and Control (CDPC) is restructuring to better utilize resources and efforts. As of Sept.1, 2011, the CDPC will encompass three sections to replace the previous programs. They include: Cancer Section, Chronic Respiratory Disease Section, and the Diabetes/Cardiovascular Health Section.



SAVE THE DATE

What You Don't Know Can Kill
Improving Health in Our Neighborhoods by Engaging
Refugees, Immigrants, and Minorities

September 15 & 16, 2011

Martin University, Indianapolis

CME & CEUs for physicians, nurses, social workers will be offered & health educators with CHES

The third Annual two-day conference is brought to you by the Indiana State Department of Health's Office of Minority Health in partnership with Martin University, Asian Services of Indiana IUPUI, Department of Public Health, Language Training Center, Merck, PNC, Kim's Kupcakes & the Indiana Minority Health Coalition

Upcoming News & Announcements

NEWSLETTER CONTRIBUTIONS

The Diabetes Prevention and Control Program (DPCP) will be publishing newsletters on a quarterly basis during 2011. The intent of the newsletter is to network diabetes health care professionals around the state of Indiana, make readers aware of current programs and opportunities throughout the state, and to provide you with the most current data and information on diabetes.

If you have any suggestions, articles, current events or topics in your area, that you would like to be a part of the next newsletter, please call Gail Wright at 317.233.7755. The deadlines are as follows for 2011:

**4th Quarter Deadline
Submission:** October 21



**FRESH, LOW-COST
FRUITS & VEGETABLES
COMING TO YOU!**

You can count on the
Garden on the Go truck to bring fresh
fruits & vegetables to your neighborhood every week, year-round!

**12 convenient Indianapolis locations
Cash, Credit, Snap/EBT accepted**

**Get your 5 Fruits & Vegetables a day
with Garden on the Go!**

For locations & schedule information:

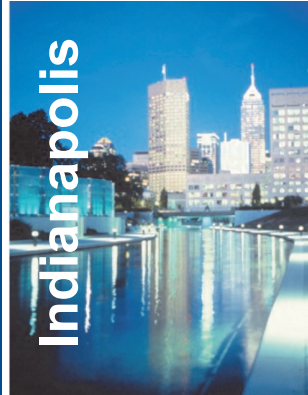
<http://www.iuhealth.org/gardenonthego>

Indiana Chronic Disease Academy

Building the System for Healthy Communities

**September 12-14, 2011
Hilton Indianapolis Hotel & Suites**

Indianapolis



2011

Learn best practices in
community assessment,
advocacy, coalition
advancement and evaluation.
Work with your peers on one of
two curriculum tracks for both
early stage and established
community public
health programs.

Choose from two workshop tracks highlighting:

- Interactive workshops focusing on coalition building
 - Leading experts from the Prevention Institute, Public Health Law and Policy, CDC and NACDD
 - Success Stories and Lessons Learned from Indiana communities

To Register:

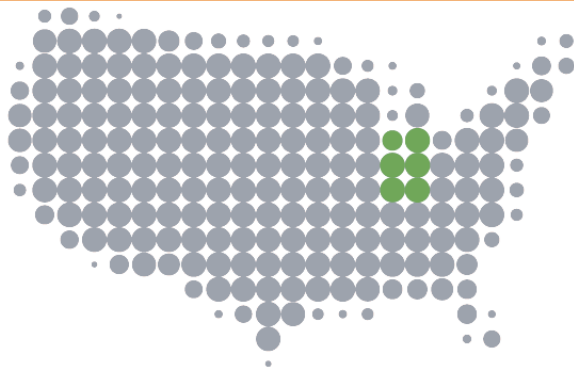
<http://www.chronicdisease.org/events/indiana-chronic-disease-academy-building-the-system-for-healthy-communities>



Indiana State
Department of Health



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.



**AAFP Healthy Communities Collaborative™
on Cardiovascular Disease**

Improving patient health across America

**Treat your practice.
Cure your community.**

- 31% of Indiana adults have high blood pressure.
- 40% of Indiana adults have high cholesterol.
- 65% of Indiana adults are overweight or obese.



AMERICAN ACADEMY OF
FAMILY PHYSICIANS

**October 14-15, 2011
Brown County Inn—
Nashville, IN**

To view the: [Registration Brochure](http://www.aafp.org/hcc)
<http://www.aafp.org/hcc>



Step Out to Stop Diabetes 20 Years of Walking for YOU!

(written by: Joy Mahoney, American Diabetes Association)

Today, more than 714,000 Hoosiers have some type of diabetes. At least 1.6 million more are at risk for the most prevalent form of the disease. Perhaps most startling is the fact that one-in-three children born today faces a future with diabetes.

But this can change with your help. Together, we can Stop Diabetes.

Take the first step today by registering to walk in the Indiana Step Out Walk to Stop Diabetes. Gather your friends, family, patients, and co-workers and form your own team, join an existing team, or walk on your own as an individual!

Register online now at www.diabetes.org/ISDH or call 1-888-DIABETES, ext. 6738. Raise or donate \$100 or more to support education, research and advocacy in Indiana and earn a T-shirt!

Then join us for the walk on Sunday, October 2, at [Celebration Plaza](#) in White River State Park (across from NCAA Headquarters in Downtown Indianapolis). Walk a 5K or 2-mile route at your own pace — kids and pets welcome! You'll enjoy food and music, plus a Health & Wellness Festival, VIP area, Kids' Zone and more. Event-day check-in opens at 10:30 a.m. The walk starts at noon.

Are you a Red Strider?

If you have diabetes and walk in Step Out, you're a [Red Strider](#) — and we celebrate YOU! Come join your community of supporters in the movement to Stop Diabetes. Register now to walk with [Team Red Striders](#)!

For more information on our mission and activities within the community, please visit www.diabetes.org.

Medicare Claims Soon to be Open for Data Mining

According to the *American Medical News*, a proposed new rule for the Centers for Medicare & Medicaid Services (CMS), would allow qualified organizations access to Medicare billing data for the purpose of developing physician report cards for the public.

The proposed regulation sets restrictions on who would qualify for access to the Medicare claims data.

CMS would determine eligibility by reviewing:

- the intended use of the data, such as the organization's planned methods of creating and disseminating reports;
- how the recipient would supply physicians and others with reports before public release and how it would allow for correcting errors;
- and a report prototype.

To read the entire article:

<http://www.ama-assn.org/amednews/2011/06/20/gvl10620.htm>



CMS and the Medicare Learning Network has developed resources to help providers deliver the Welcome to Medicare Exams.

All products are free of charge. Many are available on-line to view, download, or print. Hardcopy formats of some are also available.

CMS is in the process of updating these materials to reflect changes mandated under the Affordable Care Act.

For more information:

http://www.cms.gov/MLNProducts/downloads/ACA_disclaimer_PDF_905708.pdf

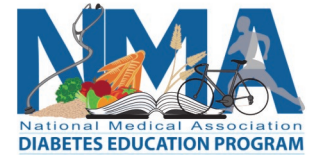
For Preventive Physical Exam Quick Reference:

http://www.cms.gov/MLNProducts/downloads/MPS_ORI_IPPE001a.pdf

Collaborative Partners*



**Indiana Central Association
of Diabetes Educators
ICADE**



The National Medical Association (NMA) Diabetes Education Program is now on FACEBOOK. This social media tool is another instrument the program uses to inform the public about diabetes and programmatic developments. The NMA Diabetes Education Program is in its fifth year of existence. Through the utilization of the six established NMA coalitions in Atlanta, Houston, Los Angeles, Pine Bluff, the District of Columbia and Indianapolis, the NMA has been able to cover significant ground and share information about diabetes to African Americans/Blacks and the wider community as a result of its collaborative outreach efforts. Since the program's inception five years ago, over 205 outreach activities have been completed.

* Logos used with permission of organizations.

Your License Plate Can Help Stop DiabetesSM

Renewing your Indiana license plate this month? Choose the new Stop Diabetes license plate and support research, education and advocacy in Indiana.

Like Indiana's other special group recognition license plates, the Stop Diabetes plate costs an additional \$40, with \$25 of that cost directly benefiting the American Diabetes Association's work in Indiana for children and adults with all types of diabetes.

Select the Stop Diabetes license plate when you register or renew your vehicle at www.mybmvin.gov or any Indiana license branch. Your plate could help change the future of diabetes in Indiana. Join the MillionsSM in the movement to Stop Diabetes®!

Visit our Website for:

- Up-to-date facts and figures
- Current news, events, (*Archived Newsletters*)
- Resources and forms*

*Did you know about . . .

the "*Application for Insulin and Township Claim*" for Indiana residents who are in need of insulin and who are financially unable to purchase it.

To be completed by the physician and local county health officer.

If you would like to be added to the email mailing list to receive this quarterly newsletter, please contact: Diabetes Prevention and Control Program,
Phone: 317.233.7755 or Email: gawright@isdh.in.gov



**Indiana State Department of Health
Diabetes Prevention and Control Program
Health and Human Services Commission**

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